



GINGER PROPERTIES BENEFITS AND HARM

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Abstract: *Study of medicinal plants used in folk medicine for the treatment of diseases in the human body.*

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Introduction. Many have tried ginger root, but not everyone has thought about what this plant looks like, where it grows and how it blooms. There are many types of ginger, but the common thing that can be bought in almost every supermarket is significantly different from its decorative relatives, and the benefits from it are very high. Common ginger, or ginger, belongs to the ginger family, which has about 1000 species. This includes such popular spices as turmeric and cardamom. The homeland of the plant is northern India, from where spices came to the market in medieval Europe. Later, the plant began to be cultivated in China, Japan, Australia, Indonesia, Thailand and other countries. Warm and humid tropics are considered a traditional comfortable habitat. This refers to an evergreen perennial, the stem of which is similar to a reed. On average, the plant reaches a height of 1-1.5 meters. The leaves are narrow, lanceolate, the stems are strong, the flowers are inconspicuous, from small to large torches. various colors. Wild life inside the grass can grow for decades, its root grows deep underground and every year produces new shoots around the main and first specimen. Young root crops are easily distinguished from old ones by a very thin light skin, which can only be purchased at home.

The old root has a clear dark skin, very dense, before eating it must be cut off. In plantations where the plant is grown for commercial purposes, it is considered an annual. In one season, which lasts 6-8 months, a full-fledged plant with developed roots grows from a seed or plot. This is a young root, which is highly valued and exported. The older the root, the more bitterness and less light aroma. Ginger got its name from the appearance of its most valuable part - the root. Translated from Sanskrit, "singabera" means horned or horn-shaped. It can reach 7 cm in length and 4 cm in width. Any ginger pulp contains a lot of coarse fibers. Separate black and white ginger. The first is unprocessed, unpeeled root. White coloring gets rid of the upper



dense layer of skin, is thoroughly washed and dried. Inside, it can be a simple light red color with a slight yellow or green tint. there can be exotic species, blue-veined pulp, the smell of kerosene and other unusual features. How ginger blooms. Common ginger, grown by many Europeans on plantations or in pots on windowsills, has a very simple appearance. If under favorable conditions it grows up to 1.5 meters and has large flowers, then when grown on a window it looks like a small-leaved plant.



Below you can find out 7 beneficial properties of ginger.

Acid reflux can be caused by food eaten or human anatomy. Some people are prone to this. Research shows that daily use or drinking special ginger tea can eliminate acid reflux. Inflammation is a protective mechanism when it is necessary to isolate an injured or damaged part of the body in order to limit damage to other areas. However, the inflammatory process is painful and unpleasant. Ginger is especially effective for people suffering from chronic inflammatory diseases. Reduce the risk of cancer. Ginger has a more powerful effect on cancer cells than other herbs. Research shows that ginger kills cancer cells faster and safer than chemotherapy drugs. As you know, chemotherapy can cause many health problems.

Ginger is also used to prevent inflammation of the colon and small intestine.

Get rid of digestive problems. Ginger can stop nausea. This is because ginger kills harmful bacteria that cause ulcers. Ginger is also good for stimulating the salivary glands, which are an integral part of the digestive process. Get rid of headaches and prevent them The anti-inflammatory properties of ginger can also help treat headaches. Research shows that daily consumption of ginger can prevent headaches and even migraines. Do you want to lose weight? Losing weight is a very difficult matter. Increased fat reserves in the body are a major factor in many diseases. Diet plays a big role in weight loss, but obesity can also be caused by genes. Ginger also keeps your metabolism at the same level. Diet negatively affects your metabolism. Don't overcome muscle soreness Another common type of muscle soreness is muscle soreness, which is often caused by exercise or daily routine. Research has shown that ginger helps in this case as well. However, ginger's action in



this regard does not immediately relieve muscle pain, but gradually treats it. Daily consumption of ginger will prevent pain that occurs later in your body. Ginger root is the main product of the plant. Infusions and tinctures are prepared on the basis of ginger, which are consumed internally and applied externally in the form of lotions and compresses. Medicines for cooking are used in raw and dried root. The benefits of ginger are in its rich composition. The root of the plant has an analgesic, carminative, antispasmodic, bactericidal, antibacterial, anti-inflammatory, diaphoretic, choleric and tonic effect. The medicinal properties of ginger allow it to be used in traditional medicine recipes. The plant is good for immunity. It has a tonic effect, restores strength after illnesses and prevents colds and flu. The dried root promotes the production of gastric juice, normalizes the digestion process and eliminates spasms of any origin. The plant is often used in dietetics for weight loss. Ginger normalizes the cardiovascular system. Reduces cholesterol levels, strengthens blood vessels and purifies the blood.



Ginger is used locally to treat cuts, wounds and burns. Products based on it quickly relieve pain and prevent tissue infection. In conclusion, we will note the contraindications to the use of ginger. We must act in accordance with these instructions. Contraindications: Excessive use of ginger can harm the body. Nausea, vomiting and diarrhea occur with excessive use of spices. Uncontrolled intake of plant products can cause an allergic reaction. It is very useful to know how to use ginger correctly.

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